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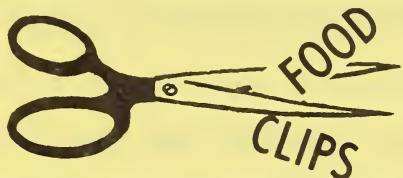


# Food and Home Notes

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What is tomato sauce? It's not as thick or concentrated as catsup and has less sugar.

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Remember--to maintain best eating quality, most nuts need protection from oxygen in the air and from high temperatures. If you don't protect them, the fat in the nuts may become rancid.

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Don't try to freeze raw tomatoes because they change flavor, color and become limp and watery. Often fried foods, when frozen, tend to have a warmed over taste when reheated.

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What is "Canadian bacon"? It's cut from boneless pork loin, cured and smoked and usually is quite lean.

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Pork is high in nutritive value --an especially rich source of thiamine or vitamin B1 according to nutritionists at the U.S. Department of Agriculture.

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--On Farm Products & Prices

## "ASTROMOTHS" IN SKYLAB

### Lo--the Gypsy Moth!

The Gypsy moth insect threat to the United States forests is a perennial one. But--a new project in the Skylab Space Station test may hold the key to combatting the pest, U.S. Department of Agriculture scientists believe.

Gypsy moths have defoliated 1-1/2 to 2 million acres of forest annually for the past three years in Northeastern States alone, and are spreading south and west. The sterile-male technique used on "Skylab", could be important in the control of gypsy moths.

Five hundred wild gypsy moth eggs were put on "Skylab", in cooperation with the National Aeronautics and Space Administration, to help solve one of the problems of normally long hibernation period in USDA's rearing program, according to entomologists with the Agricultural Research Service. The final results of this program may provide some of the "gypsy moth" answers necessary to protect our forests.

## ALMOST ALL YOU NEED TO KNOW

Lamb was once a seasonal meat -- served chiefly in the spring. Now it is as versatile as the seasons. Lamb is rich in essential body-building protein, in iron, and in the B vitamins -- niacin, thiamin, and riboflavin. Lamb liver and kidneys are especially good sources of these nutrients.

Lamb is meat from young sheep usually less than one year old. It's pinkish red in color with white, brittle fat and the bones are porous and reddish.

How to buy it: Learn to identify the cuts; neck, rib, loin, shoulder, sirloin, foreshank, breast and leg. Then there are other lamb cuts, boneless stew lamb (from any part of the carcass); ground lamb, lamb cushion shoulder, leg steak or saratoga chops. Variety meats, brains (soft, tender and delicate), heart (firm, but less tender variety--needs longer cooking), kidneys, liver, sweetbreads (white, soft and delicate flavor) and tongue (usually sold cooked, ready to serve).

On storing it: Fresh lamb can be stored at refrigerator temperatures between 35 and 40° or at lower temperatures in the meat compartment of some refrigerators. It should be loosely wrapped. Pre-packaged fresh lamb may usually be refrigerated in the original wrapper if it is to be used within one or two days. Lamb variety meats, ground lamb and stew lamb are highly perishable and cannot be stored as long as other lamb cuts.

Lamb gravy and broth are highly perishable and should be cooled quickly, refrigerated, and used within one or two days.

### ---ABOUT LAMB

On cooking lamb: It should be cooked at low to moderate temperatures. Slow cooking makes it more tender, juicy and flavorful.

Lamb is usually preferred medium to well done with a grayish-tan interior and a tinge of pink. Well-done lamb is grayish tan with no trace of pink. A meat thermometer is your best way to check and the center of the roast should register 180°; medium lamb has an internal temperature of 170°F.

Thawed lamb can be cooked the same as fresh lamb. But thaw meats in the refrigerator, since thawing meat or meat combination dishes at room temperature may permit dangerous bacterial growth.

What kind of seasonings should you use with lamb's natural flavor? Basil, bay leaves, celery, dill, garlic, marjoram, mint, onion, parsley, oregano, rosemary, savory, tarragon, and thyme. Brown the meat first and then sprinkle seasonings on.

*Suggested storage periods to maintain high-quality in lamb*

Product	Storage period	
	Refrigerator, (about 40° F.)	Freezer, 0° F.
Fresh lamb:		
Chops and steaks	3 to 5	6 to 9
Ground lamb	1 to 2	3 to 4
Roasts	3 to 5	6 to 9
Stew lamb	1 to 2	3 to 4
Variety meats	1 to 2	3 to 4
Cooked lamb:		
Cooked lamb and lamb dishes	3 to 4	2 to 3
Gravy and meat broth	1 to 2	2 to 3

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## Understanding Farm Product Prices and --- American Agriculture

Last year the demand for U.S. agricultural products was rising sharply and consumers asked whether U.S. agriculture had the productive capacity to meet the higher demand level. The story of productivity and the American farmer is explained -- with the capacity that could be attained by 1985 -- in a new 11 page publication called "American Agriculture--Its Capacity to Produce."

Subjects included in this report show cropland trends, crop acres harvested, promising regions, production potential, irrigated land and other possibilities. Charts (for reproduction) are included on wheat, cotton, soybeans, and feed grains.

This publication will provide background information for feature stories and articles on food prices and output. It was prepared by the Economic Research Service, U.S. Department of Agriculture, and is available by writing to ERS, Division of Information, USDA, Washington, D.C. 20250.

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AFTER SPRING --- COMES SUMMER

Leave your storm windows up during the summer. They help keep your air conditioned air where it belongs--inside!

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## COMMENTS AND INQUIRIES TO:

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